INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 4, 1932 (WEDNESDAY)

THE MARKET BASKET
by
The Bureau of Home Economics, U. S. Department of Agriculture.

- - -

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or cheese.
A fruit or additional vegetable	
Milk for all	

FOODS RICH IN IRON FOR LOW-COST MEALS

Most people know they need iron in their diet, but many people do not know which foods will furnish the iron they need. Fortunately, says the Bureau of Home Economics of the U. S. Department of Agriculture, iron occurs in very different kinds of food, and the average person's needs can be supplied in liberal servings each day of two foods which are rich in iron, plus the smaller quantities that occur in most other common foods.

This is possible even on a strict economy diet, providing one knows which foods contain this essential blood-building nutrient.

At breakfast there are several chances of getting a good start on the daily iron supply. Whole grain cereal, especially oatmeal and whole wheat cracked or crushed, are good sources of iron. Stewed prunes and dried apricots are good. So is whole-wheat bread or toast. So are eggs -- that is, the yolks of eggs, for the iron is concentrated there. Molasses, for hot cakes or fried

mush, furnishes iron.

At other meals, iron will be found chiefly in lean meat and vegetables, although there may be some in soup or dessert, depending, of course, upon the kind of soup or dessert. Lean beef, veal, pork, and lamb are rich in iron. Of the meats, however, the richest sources of iron are liver, kidney, brain, and heart, and for iron value beef liver, pork liver, and lamb liver are as good as the more expensive calf liver.

Among vegetables, the best sources of iron are the greens -- particularly turnip tops, beet tops, chard, dandelion, mustard, collards, watercress, spinach, kale -- and dried beans and dried peas. Fresh beans and peas and also the vegetable oyster, or salsify, are likewise high in the list.

Of desserts and sweets, the custards and puddings made with eggs are richest in iron, but stewed apricots, stewed prunes, raisins, and apples baked with molasses furnish iron, as do some of the fresh fruits also. Among the fresh fruits, blackberries, blueberries, quinces, and raspberries are best for iron.

In other words, with an ample serving of oatmeal and whole-wheat toast, or of whole-wheat cakes and molasses at breakfast, plus a green vegetable, or dried beans or peas at dinner; or plus a good sized baked potato, or lean meat, or an egg at any meal, the day's supply of iron is assured, because most other foods contain a little and the sum total is enough. The whole-grain cereals, the cheaper cuts of lean meat, potatoes, greens, dried beans, dried peas, and dried fruits are chiefly relied on for iron in the low-cost diets suggested by the Bureau of Home Economics.

The menu suggested this week is rich in iron -- a good kind of menu to provide 3 times a week. Changing the main dinner dish from beef stew to baked or boiled beans, or an omelet or other egg dish, would furnish variety and just as much iron. Liver, which is especially rich in iron, is a good main dish to provide once a week.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16	lbs.
Flour	1 - 2	"
Cereal	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Canned evaporated milk	23 - 28	tall cans
Potatoes	15 - 20	lbs.
Dried beans, peas, peanut butter	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits	6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$	"
Sugar and molasses	3	"
Lean meat, fish, cheese, and eggs	5 - 7	"
Eggs (for children)	8	eggs

- - - - - - - - - - - - - -

LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal with top milk
Whole Wheat Pancakes - Molasses (Toast for youngest children)
Coffee (adults) - Milk (children)

Dinner

Brown stew of Beef
Boiled Rice (or potatoes)
Mustard Greens (or other green leaf or green-colored vegetable)
Bread and Butter
Tea or Coffee (adults) - Milk (children)

Supper

Potato Salad or Potato Soup
Lettuce Sandwiches
Apricot and Prune Pie
Milk for All

- - - - - - - - - - - - -

RECIPES

Potato Soup

2 cups diced raw potato
1 quart boiling water
1 pint milk
1 onion
2 tablespoons finely chopped parsley
4 tablespoons butter or other fat
1 tablespoon flour
1 teaspoon salt
Pepper

Cook the potato in the boiling water until soft, drain off and keep the potato water (which should measure about 1 pint). Rice the potato. Heat the milk in a double boiler with the onion. Cook the parsley in the fat, add the flour, stir until well blended, combine with the milk, potato water, and potato, stir until smooth, cook for 2 or 3 minutes, and add the salt and pepper. Remove the onion before serving.

Brown Stew of Beef

4 tablespoons flour
2 pounds beef
Salt
1 small onion, chopped
1 quart water
1/4 cup chopped parsley
Pepper

Brown the 4 tablespoons of flour in the oven or in a heavy skillet over low heat. Wipe the meat with a damp cloth, cut into small pieces, sprinkle with salt, and roll in flour that has not been browned. Try out some of the suet, add the meat and onion, and cook for a few minutes. Add the water, cover, and simmer until the meat is tender. Stir in the browned flour, season with pepper, cook for 5 minutes, and sprinkle the parsley over the top before serving.

Liver and Rice Loaf

1/2 cup rice
4 cups boiling water
1 pound sliced liver
2 tablespoons fat
1 small onion, chopped fine
1 cup chopped celery
1/4 cup chopped parsley
2 tablespoons flour
1 cup tomatoes, canned or fresh
Salt

Cook the rice until tender in boiling water with 1 teaspoon of salt. Do not drain, but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver with salt and flour, and cook in the fat in a skillet for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, adding more salt if needed. Form into a loaf with the hands on parchment paper placed on a rack in an open roasting pan. Bake for about 30 minutes in a moderate oven (350° F.).

Apricot and Prune Pie

1/2 pound apricots
1/2 pound prunes
2 cups water
2 tablespoons cornstarch
1/2 cup sugar
1/4 teaspoon salt
1 tablespoon butter or other fat
Pastry

Wash the prunes and apricots. Cover with the water and soak over night, saving the liquid. In the morning, drain the fruit, remove the seeds from the prunes, and cut the fruit slightly. To the liquid add the cornstarch, sugar, and salt, which have been thoroughly mixed, and cook for a few minutes. Add the fruit and cook until it is heated through. Pour the mixture into a deep pie pan lined with pastry. Dot the top with butter. Moisten the rim of the dough slightly with water. Roll out the dough for the upper crust, allowing about a half inch extra around the edge. Fold the sheet of dough in half, make a few slashes through both thicknesses, near the center, lift onto the pie and spread out over the filling. Press lightly around the edge of the pan and allow enough dough to fold under well. With the tines of a fork press the rim lightly down to the pan.

Bake about 30 minutes in a moderately hot oven (400° F.). Sprinkle with powdered sugar while hot and serve the pie hot or cold.

- - - - MT - - - -

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 11, 1932 (Wednesday)

MARKET BASKET
by
The Bureau of Home Economics, U. S. Department of Agriculture.

- - -

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

MEATS FOR LOW-COST MEALS

Nothing seems quite to take the place of meat in most American households. This fact says the Bureau of Home Economics of the U. S. Department of Agriculture, has doubtless increased the hardship of families whose funds and food supplies have been too low to include the usual quantity of meat in their food budgets. Meat furnishes the flavor and contrast which are especially needed to enliven the limited diet to which many households nowadays are forced by lack of money. With the fall in meat prices, however, the bureau suggests, may come an opportunity to add flavor and variety to the economy diet by including more meat.

Meat prices are down -- for some meats astonishingly low. And meat, of course, not only gives zest and flavor, but has high food value. Lean meat is a protein food -- one of the best. It is a good source of iron, it is an excellent source of phosphorus, which is another of the indispensable food substances, and

it contains other mineral salts. Lean meat is one of the foods known to prevent pellagra. In the pellagra regions, families whose diet includes lean meat, either flesh, fish, or fowl, do not have pellagra, even though they have otherwise the same foods as the pellagra-stricken families.

The bureau has some suggestions as to ways in which housewives may perhaps contrive economy diets that will include more meat. Boiling beef, at 10 cents a pound, is well below 1913 prices. Fresh shoulder of pork can be had in some markets for 10 to 12 cents, smoked picnic shoulder at 8 cents, chuck beef pot roast at 15 cents, breast of lamb at 8 cents, and breast of veal at 10 to 12 cents a pound. Bacon, which furnishes fuel value and flavor, if not much protein, can be had at 15 cents a pound, which is below the pre-war price.

Using meat most economically, and at the same time most satisfactorily, is largely a matter of skill in cooking the cheaper and less tender cuts, says Miss Lucy M. Alexander, associate specialist in foods. These cuts furnish all the food values of the more expensive meat, and they can be made tender, either by slow cooking, in moisture, or by grinding or pounding them before they are cooked.

Boiling beef is the cheapest beef on the market, and besides being good when simply boiled, is the meat commonly used for stews. But boiled beef should not actually be boiled. Let it simmer, below the boiling point, until tender. Add dumplings for variety, or serve the meat with horseradish.

Braising -- i.e., browning in a little fat, and then cooking slowly in the meat juice or in added liquid in a covered utensil -- is one of the best methods of making tough meat tender. Thus pot roast and swiss steak, which are cooked by braising, are made tender by the long slow cooking in the covered kettle or the covered skillet. For quick cooking, the cheaper cuts of beef can be ground, and then broiled or baked just as if tender to begin with, appearing on the table as hamburg, meat patties, meat loaf, or broiled on toast.

With raisin stuffing, cured pork shoulder, when boned, makes a very cheap and appetizing roast, and the left-over bits can be used in potato cakes or with noodles for another day. Fresh pork shoulder makes another delicious boned roast with savory bread crumb stuffing. Then there are spare-ribs -- a winter dish on the farm, but available in the city at any time of year. They are good baked, with or without stuffing. Cooked with sauer-kraut or fresh cabbage, spare-ribs make a cheap and appetizing dish as long as the weather is cool.

When it comes to lamb, all cuts should be tender because the meat animal is young. Very little mutton is marketed now. Breast of lamb and shoulder of lamb are the cheapest cuts, and breast of lamb with forcemeat stuffing is a particularly economical and at the same time attractive meat dish.

LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal - Toast
Coffee (adults) - Milk (children)

Dinner	Supper
Roast Breast of Lamb with Forcemeat Stuffing	Corn Fritters
Creamed Potatoes - Buttered new cabbage	Bread and Butter
Graham Muffins (with syrup or molasses or jelly for dessert)	Stewed Apples (with lemon or orange slices or jelly)
Coffee or Tea for adults	Milk for all
Milk for children	

* * * * * * * * * * * * *

RECIPES

Braised Chuck of Beef

Select a piece of chuck from 2 to 4 pounds in weight. Wipe with a damp cloth. Rub the meat with salt, pepper, and flour. Brown the meat on all sides in a heavy kettle, using about 3 tablespoons of beef fat. Slip a low rack under the meat, add one-half cup of water, cover tightly, and simmer until tender. The time required for cooking can not be stated definitely, but it will probably be $2\frac{1}{2}$ to 3 hours. Turn the meat occasionally. When the meat is tender, remove from the kettle, skim off the excess fat from the liquid, measure the remaining meat stock, and add water or milk if necessary to make up the quantity of gravy desired. For each cup of liquid then measure 2 tablespoons of fat and return to the kettle, add $1\frac{1}{2}$ to 2 tablespoons of flour for each cup of liquid and stir until well blended and slightly browned. Then add the meat stock, boil, and stir until smooth. Season the gravy with salt, pepper, and chopped parsley.

Serve the meat on a hot platter with vegetables.

Roast Stuffed Pork Shoulder

Have the butcher skin a trimmed, fresh, picnic shoulder of medium to large size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest, so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in a well-seasoned breadcrumb stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven(480°F.) Then reduce the oven temperature rapidly to very moderate heat (300° to 325°), and continue roasting at this temperature until the meat is tender. It will require about 3½ hours to cook a 4-pound shoulder with these oven temperatures.

Creamed Ham

3 tablespoons butter or other fat
4-1/2 tablespoons flour
3 cups milk
3 cups ground cooked ham
Salt
Pepper

Make a white sauce of the fat, flour, and milk. Add the ham and green pepper and cook the mixture about 10 minutes. Season to taste with salt and pepper. Serve hot on toast, or in a rice ring, or with noodles.

Roast Stuffed Breast of Lamb

Select a breast of lamb including the foreshank. Have the butcher crack the bones of the breast so that it can be carved between the ribs. Wipe the meat with a damp cloth, remove the foreshank, cut off the meat, and grind it for the forcemeat stuffing. Make a pocket in the breast by cutting through the flesh close to the ribs. Sprinkle the inside of the pocket with salt and pepper, pile in the hot forcemeat stuffing lightly, and sew the edges together. Rub the outside with salt, pepper and flour. Lay the stuffed breast, ribs down, on a rack in an open roasting pan. Do not add water. Place the roast in a hot oven (480°F.), and sear for 30 minutes. If there is not sufficient fat to keep the meat from drying out, baste with melted fat, or lay a strip or two of bacon on top. After searing, reduce the oven temperature rapidly to a very moderate heat (300°F.), and continue the cooking in the open pan until the meat is tender. The total time required will probably be one and one-half to one and three-fourths hours. If there is more stuffing than the breast will hold, bake it in a separate dish, or use it as stuffing for onions to serve with the meat. Serve with brown gravy made from the drippings.

Forcement Stuffing

Ground lean meat from the foreshank
2 cups fine dry bread crumbs
2 tablespoons fat
1 small onion, chopped
2 or 3 sprigs parsley, cut fine
1/4 teaspoon celery seed, or savory seasoning
1 teaspoon salt
1/8 teaspoon pepper

Melt the fat in frying pan, add the onion, and cook for two or three minutes. Add the ground meat, and stir until the juice evaporates and the meat browns slightly. Then add the bread crumbs and seasonings and stir until well mixed.

- - - - - M - - - - -

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 18, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

- - -

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

THE DOCK FAMILY DOES ITS BIT IN BODY BUILDING

If the family has tired of this or that for dinner, has anybody mentioned dock? Sour dock, for example, or yellow dock? Or is dock just passed by as a weed, and a pestiferous weed at that? A county agricultural agent in the South who wrote to the Bureau of Home Economics of the U. S. Department of Agriculture about it says that yellow dock "makes one of the most toothsome salads I have ever eaten," yet, he says, this particular variety of dock is rarely used, although it is a perennial and, like dandelion greens, grows wild and can be had for the taking. Some kinds of dock appear in the city markets, usually in the farmers' stalls.

The more aristocratic members of the dock family are cultivated.

"Patience" is a dock that used to be grown in the garden. In Europe sour dock, patience dock, French sorrel, and maiden sorrel are common in gardens, and in the Southwestern part of the United States another species of dock, called canaigre, is used both as a pot herb and as a substitute for rhubarb. The sharp taste, which with mild-flavored foods is a pleasing contrast, makes it also an interesting addition to any other dish of greens, especially the other wild greens such as pig-weed, or lamb's quarter, dandelions, poke, or mustard.

Rhubarb, the bureau notes, is a cultivated relative of the docks and is now in season in many parts of the country. Here then is another table possibility that is fresh, "different," inexpensive, and therefore welcome with the flowers of spring. Rhubarb pies rank with such other delicious desserts as gooseberry tarts, or blueberry pie. Plain stewed rhubarb, for that matter--or rhubarb betty or rhubarb tapioca--makes a most excellent finish for a meal. But don't make the mistake of using rhubarb leaves for any purpose. They contain too much oxalic acid.

The great importance of greens of all kinds is in their minerals and vitamins, for which values beet tops, turnip tops, dandelions, spinach, and mustard greens head the list. In particular, the green-leaved vegetables, including dock, are valuable for their calcium and iron. So also are rhubarb stalks, a vegetable used as a fruit. These are points to remember because, in the ordinary course of things, we are none too certain of getting all the calcium and all the iron we need.

Calcium is needed by the human body chiefly for building and repairing bones and teeth. But some is needed to keep the blood and the circulation in good order, and in general to maintain the "calcium balance" of the body, which is so important to health and comfort.

Milk and cheese are the richest sources of calcium, and without one of these, it is difficult to get the 0.45 gram of calcium which is the minimum daily requirement of the average man, according to the authorities. Therefore each vegetable and each fruit that contributes to the body's need of calcium is worth knowing about and using for that purpose if for no other. Usually, however, those same foods -- especially the greens, are valuable for other minerals also. Dock is not only a good source of calcium but it contains about as much iron as green cabbage, green lettuce, or green string beans, and its tartness gives it quite a different flavor, along with similar mineral values.

The Bureau of Home Economics says that next to milk and dairy products, the best low-cost sources of calcium are eggs, greens of all kinds, dried beans and peas, and some other vegetables, including carrots, rutabagas and turnips. Then there are oranges and molasses, and rhubarb. Each makes its contribution of calcium, along with other values.

The menu this week uses several foods rich in calcium, including some milk and cheese to bring the calcium up to the requirement. For the main dish of eggs and greens, dock would be especially suitable because of its sharp taste. If used alone, dock may be cooked in the same way most other greens are cooked, and seasoned with salt pork or bacon fat if desired.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Cooked Cereal with milk - Toast
Coffee (adults) - Milk (children)

Dinner

Greens with poached eggs and grated cheese
Rice
Whole Wheat Bread and Butter
Tea (adults) - Milk (children)

Supper

Potatoes boiled in jackets
Crisp Bacon
Milk Gravy(from bacon drippings)
Rhubarb Betty
Milk for children

* * * * * *

Greens with Poached Eggs and Grated Cheese

1-1/2 pounds greens
1 tablespoon butter or other fat
Salt, pepper
5 eggs
1/2 cup grated cheese
1 cup fine dry bread crumbs

Wash the greens through many waters until clean, remove any tough portions of stems and cut large leaves into pieces. Melt the fat, add the drained greens, stir, and cook them until just wilted. Make a layer of the greens in a shallow pan. Poach the eggs and put them over the greens, then sprinkle over the eggs, cheese and crumbs which have been mixed and seasoned with salt and a little pepper. Bake in a moderate oven until light brown.

Savory Mixed Greens

Combine two or more kinds of greens, such as beet and turnip tops, field cress and spinach, corn salad and mustard greens, to give a blend of mild and pungent flavors. Wash the greens through several waters, and cook quickly in an uncovered kettle in a small quantity of lightly salted boiling water. As soon as the greens are tender, drain, and chop. Season with bacon fat and sprinkle over the top a little crisp cooked bacon broken into small pieces. Or cook a little chopped onion in butter until both butter and onion brown slightly, mix with the chopped greens, and add salt and pepper to taste.

Rhubarb Betty

4 tablespoons melted butter or other fat
1/4 teaspoon salt
1 quart fine, dry bread crumbs
Cinnamon or nutmeg
1 quart sweetened rhubarb sauce or 2 quarts raw sliced rhubarb, sugar to sweeten

Mix the fat and salt with the crumbs. Place the rhubarb and the crumbs in alternate layers in a greased baking dish, and sift the cinnamon or nutmeg over the top. Bake the pudding in a moderate oven. If rhubarb sauce is used, this will require about 20 minutes. If raw rhubarb is used, cover the baking dish at first and bake for 25 minutes, or until the rhubarb is tender. Serve the pudding hot with or without sauce.

- - - WM - - -

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 25, 1932 (WEDNESDAY)

THE MARKET BASKET

by
The Bureau of Home Economics, U. S. Department of Agriculture

---

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day--	
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

FISH ARE LOW-COST FOOD OF HIGH VALUE

In most localities, fish of some kind are likely to be relatively cheap at any time of year. This is worth remembering now, says the Bureau of Home Economics, because fish has high food value and in some of the best fishery products there is comparatively little waste. It pays to watch the market, then, for bargains in fish as in other kinds of food.

For some kinds of fish, bargains are a matter of locality and season. The shad come up the Atlantic coastal rivers in the spring, Atlantic salmon are caught in New England rivers in early spring and summer. At that same time the boats and nets are out for lake trout in the Great Lakes, for mackerel along the Middle Atlantic Coast, and for Pacific salmon on the West Coast. Spring and summer are the seasons for sunfish and crappie in the inland waters and for squeteague or "sea

trout" on the Atlantic Coast, but buffalo fish and suckers in the Middle West and smelts in the northeastern lakes are caught in the fall, winter, and spring.

Some of the best bargains in fishery products, however, are all-year fish from both fresh and salt water that are shipped, fresh or fresh-frozen, to different parts of the country. In these days of quick freezing methods and fast transportation, fresh haddock and mackerel from the Atlantic Ocean are sold in city markets all across the continent. Fresh halibut, salmon, fresh cod, and various other fishes from the Atlantic and Pacific are frozen and shipped to many distant markets, while lake herring and blue and yellow pike from the Great Lakes, with carp and catfish from the fresh-water rivers and lakes, may likewise be on the market all the year many hundreds of miles from their native waters. And frozen fish, it should be remembered, are fresh fish.

Fish prices vary with the locality and for various local reasons, but fresh fillet of haddock, which is solid lean meat, with no waste whatever, is likely to be a bargain in any market. In many places far from the fishing grounds cod steak, halibut, and Boston mackerel are to be had at surprisingly low prices, as are fresh sea and river herring, croakers, butterfish, "sea trout," and even shad in the height of the season. Mullet, from the Gulf of Mexico and eastern Florida waters, is the fish that has the largest market in the South.

Some of the cheapest and most familiar fishery products, which are also among the most nutritious, are canned sardines from the coasts of Maine and California, kippered herring, canned "pink" salmon, salt cod, cod flakes, and canned herring roe. Pickled herring (in brine) and Scotch cured herring are other favorites with many. The popularity of these products is so great that for quantity of catch the pilchard, or California sardine fishery, ranks first in the United States, with Pacific salmon second, sea herring third, and cod in the seventh place. The prices of these canned and cured fishery products in most markets run lower, oftentimes, than the fresh fish.

Like other animal foods, fish flesh is rich in protein. It is rich also in minerals, especially in phosphorus. Saltwater fish and shellfish are rich in iodine, which is another substance required by the human body, and this iodine content becomes important in the "goiter belt," where the soil, and consequently the drinking water and the vegetables grown in that soil, are poor in iodine.

According to nutritionists of the U. S. Bureau of Fisheries, some kinds of fish, notably cod, salmon, haddock, and sea herring, have been found to be good sources of vitamins A and D. The full vitamin value of canned salmon will be retained and the salmon flavor will be increased if the oil in the can is used in sauce for creamed or scalloped salmon, or in salad dressing. Canned salmon is one of the foods which the U. S. Public Health Service has found will prevent pellagra, a disease which is caused by a deficiency in the diet.

* * * * * * * * * * * *

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Fish baked in Milk
Baked Potatoes - Harvard Beets
Cornbread and Butter

Supper

Cottage Cheese and Lettuce Salad
Toasted Cornbread
Strawberry Shortcake
Tea (adults) - Milk (children)

Fish Baked in Milk

$1\frac{1}{2}$ pounds haddock or other lean fish
Salt
Pepper
1 tablespoon flour
1 large onion sliced very thin
$\frac{3}{4}$ cup crushed crackers or bread crumbs
$1\frac{1}{4}$ cups milk (fresh or evaporated)

Clean and wipe the fish with a damp cloth. Cut in pieces for serving and sprinkle with salt, pepper and flour. Put the pieces of fish in a single layer in a shallow greased baking pan. Cover the fish with the onion and then sprinkle with the crushed crackers or bread crumbs. Add sufficient milk barely to cover. Bake in a moderate oven (350° F.) from 45 to 50 minutes. If the crackers or crumbs do not brown in that time put under the flame of the broiling oven.

Broiled Fresh Fish

Have the fish split down the back, wipe clean, and remove any scales and the head and tail, if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

Scalloped Salmon

1 pound can salmon (2 cups)
2 tablespoons butter or other fat
2 tablespoons flour
$1\frac{1}{2}$ cups milk
$\frac{3}{4}$ teaspoon salt
1 cup buttered bread crumbs

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Harvard Beets

6 medium-sized beets
$\frac{1}{2}$ cup sugar
1 tablespoon cornstarch
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup vinegar
2 tablespoons butter or other fat

Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, cornstarch, and salt, add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets, and let stand for a few minutes to absorb the sweet-sour flavor of the sauce.

-------T-------